



SALEM SENIOR CENTER

April
SHOWERS
May
FLOWERS

65TH ANNUAL NATIONAL DAY OF PRAYER

Thursday, May 5th
Salem Baptist Church
103 North Broad Street
(across from City Hall)
Pre-service music at 11:45 by the Salem Senior Singers.
Prayers will be offered for our city, state, and nation.
All are invited to attend this 20 minute prayer service.

Salem Parks and Recreation is hosting a ½ marathon race on Saturday, October 15. We are looking for volunteers to work at the finish line to place medals on runners as they finish the race. If you are interested in helping that day, please stop in the office to speak with Vickie or Hank.

SENIOR FUN AND HEALTH FAIR DAY

Salem Civic Center
Wednesday, April 13
10:00 am – 2:00 pm

ELECTRICAL SAFETY

Presented by A.K. Briele,
City of Salem Electric Department Director

Wednesday, April 6, 1pm – 2pm
Salem Senior Center

Virginia TRIAD Meeting

TRIAD is a partnership of local law enforcement, senior citizens, and senior service providers who agree to work together to reduce criminal victimization of the elderly.

Snacks will be provided
Sign up in office



BURGERS & DOGS BINGO

Friday, April 22, 2016

12:30 pm

Cost - \$6 + a gift for bingo prize

Sign up

(Must pay when you sign up – no exceptions)



“GENTLE” YOGA FOR SENIORS

Instructor: Rosalie Rakow

Wednesday mornings, April 6
10:00 am – 11:00 am

This is an 8 week class to see if there is enough interest. If there is, we hope to continue the class indefinitely.

Exercise T-shirts are here. If you ordered one, please come to the office to pick yours up. Cost is \$10 if you have not paid.

MOVERS FOR MOMS®

Two Men and a Truck® are supporting this effort to help women who are victims of domestic abuse or homeless. Boxes will be placed throughout the building for donations to be given to “Turning Point” on Mother’s Day. Please see the list of things needed on the boxes.

SALEM SENIOR CENTER MONTHLY COVERED DISH LUNCHEON

FOR SENIOR CITIZENS

Thursday, April 28, 12 noon

Entertainment: Debbie Bell, Attorney
General’s Office – subject TBA

Blood pressure checks from 11 am – 12 noon by Salem Fire Dept. & Lewis Gale

49ERS + CLUB

Thursday, April 7, Meeting, 11 am.
Thursday, April 14, Lunch out at 611 Steak House, Leave from Center at 11:00 am.
Thursday, April 21, Meeting, 11am.
Thursday, April 28, Preside over the Monthly Luncheon, 12 noon.



COMPUTER CLASSES

Taught by Mark Waldron or Hank Luton
Every Wednesday - Sign up in office!!!
2:00pm & 2:30pm (30 minute individual classes)



SALEM SENIOR SINGERS

Thursday, April 7, Practice, 12:30 pm
Tuesday, April 12, Our Lady of the Valley,
Bus leaves from Center at 1:00 pm
Tuesday, April 19, Richfield, JC Thomas Bldg.
Be there at 1:30 pm
Tuesday, April 26, Snyder’s Nursing Home.
Be there at 10:30 am.

MEDICARE EDUCATIONAL WORKSHOP

With Jennifer Meyer
APRIL 20, 3:00 PM

Have questions about Medicare,
sign up today to get answers.



UPCOMING TRIPS

Wednesday, April 13 – WOHLFAHRT HAUS DINNER
THEATRE “PEACE IN THE VALLEY”

Location: Wytheville, North Carolina

Time: Departs from Salem Senior Center at 10:00am

Cost: \$65.00

Details: Join us for this Heavenly tribute to the world’s most beloved genre of music; gospel music! Featuring the songs you grew up singing and are still singing today, Peace in the Valley will have you swept away in the wonder that is Christ the Lord.

Mon-Wed, April 18-20 – PIGEON FORGE TRIP IS FULL
(Leaves at 8:00 am from the Salem Civic Center)

Thursday, April 28 – BARTER THEATRE “CLASSIC
NASHVILLE ROAD SHOW” Departs from Salem Civic Center 9am

TRIP IS FULL BUT TAKING WAITING LIST

Wednesday, May 18 – SHENANDOAH SHOPPING TRIP

Location: Stuarts Draft, Virginia

Time: Departs from Salem Civic Center 8:00 am

Cost: \$25

Details: The Cheese Shop, Little Debbie Outlet Store, and Shenandoah Heritage Market in Stuarts Draft, VA. Cost includes travel and lunch at the Wood Grill.

Mon-Wed, June 6-8 – PENNSYLVANIA AMISH LANDS & SHOW TRIP

Location: Lancaster, Pennsylvania

Time: Departs from Salem Civic Center TBA

Cost: \$375.00

Details: 3 day, 2 night trip to the Amish lands of Pennsylvania for shopping, entertainment & guided tours of the Amish Countryside. Much more included!

Friday, June 17, 2016 - MONTICELLO TOUR & CHARLOTTESVILLE SHOPPING TRIP

Time: Departs from the Salem Civic Center TBA

Cost: \$60

Details: Trip takes us up the lovely I-81 corridor to Charlottesville for our tour of Monticello; the plantation home of the 3rd President of the United States, Thomas Jefferson. Buffet lunch follows at Michie’s Tavern with shopping at the 120+ shop Historic Downtown Charlottesville Mall in the afternoon. Tour, lunch, and light snacks are all provided with the price.

Sign up in the office.
MUST PAY WHEN SIGNING UP